

Joined for Hope Club - Proposed Monthly Activities

Month	Theme	Activity	Click link for details
August	School Orientation	Set up a club table at orientation to introduce the Joined for Hope Club	more info
		Get approvals for planned activities in September including Purple-Out sports games	more info
September	National Suicide Prevention Month	Highlight this entire month to spread suicide awareness throughout your school and community by planning/ participating in awareness activities and events.	more info
	More than Sad Training	Decide on date for “More than Sad” presentation (40 minute training from AFSP that teaches the signs and symptoms of depression and suicidal ideations)	more info
	Sept. 10 - World Suicide Prevention Day	Promote “#ruOK?” PSA	more info
	National Suicide Prevention Week	Monday - Sunday surrounding World Suicide Prevention Day. Organize activities to promote suicide prevention during this week. Include local behavioral health resources	more info
October	National Bullying Prevention Month	Support David’s Legacy Pledge campaign throughout the school to stop cyber bullying	more info
November	Nov. 13 - World Kindness Day	Random Acts of Kindness - Promote random acts of kindness throughout the week.	more info
		Promote “#Talk2Me” PSA	
December	Hope for the Holidays	Organize a holiday gift drive with a local behavioral health hospital for teens.	more info
		For Montgomery County area clubs: volunteer and promote “Hope for the Holidays” program benefitting Cassidy Joined for Hope Foundation	more info
January	New Year- New You	Promote positive and motivating goals of how to be a healthy and happy person for the new year throughout the school	more info
February	You Matter	Support the Peyton Heart Project by filling the school with Peyton’s hearts and positive messages	more info
		Select Club member to visit Junior High, Intermediate, and/ or Elementary Schools and share “You Matter” messages to younger students	more info
March	Be a Life Saver	Promote how to be a “Life Saver” in your schools by attending and promoting a “More than Sad” presentation	more info
	March 18 National Awkward Moments Day	Present the “Seize the Awkward” campaign	more info
April	National Stress Awareness Month	Promote reducing stress & anxiety	more info
May	National Mental Health Awareness Month	Organize a “Mental Health Awareness Day” at your school	more info
	Prepare Club for upcoming year	Elect Officers and plan ahead for upcoming school year	more info

NOTE: These are PROPOSED monthly activities. Individual clubs may incorporate new ideas for monthly activities that support teen suicide prevention.